



WHATShEATE



Mocha Bread Pudding with Caramel Topping

READY IN



85 min.

SERVINGS



16

CALORIES



546 kcal

DESSERT

Ingredients

- ☐ 8 cups bread french italian
- ☐ 1 cup dates chopped
- ☐ 1 cup nuts chopped
- ☐ 0.5 cup coconut flakes flaked
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup sugar
- ☐ 0.5 cup hot-brewed coffee cold brewed
- ☐ 3 eggs

- ☐ 1 cup milk
- ☐ 1 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 cups frangelico

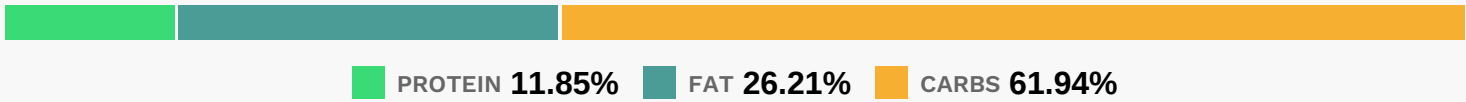
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 325°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In pan, gently mix bread pieces, dates, nuts, coconut and cinnamon.
- ☐ In large bowl, mix butter, sugar and liqueur. Beat in eggs with spoon until well blended. Stir in half-and-half and milk.
- ☐ Pour over bread mixture in pan; toss to mix well.
- ☐ Let stand 10 to 15 minutes or until most of liquid has been absorbed.
- ☐ Bake 1 hour or until set.
- ☐ Serve warm bread pudding with warm caramel topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:55.6, Inflammation Score:-7, Nutrition Score:18.933913122053%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 545.57kcal (27.28%), Fat: 16.25g (25%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 86.41g (28.8%), Net Carbohydrates: 81.76g (29.73%), Sugar: 26.54g (29.49%), Cholesterol: 32.52mg (10.84%), Sodium: 847.17mg (36.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.53g (33.06%), Vitamin B1: 0.88mg (58.52%), Selenium: 37.65µg (53.78%), Manganese: 0.92mg (46.25%), Folate: 156.37µg (39.09%), Vitamin B2: 0.6mg (35.3%), Vitamin B3: 6.3mg (31.49%), Iron: 5.3mg (29.44%), Phosphorus: 213.71mg (21.37%), Fiber: 4.65g (18.59%), Magnesium: 68.48mg (17.12%), Copper: 0.34mg (17.1%), Zinc: 1.83mg (12.17%), Calcium: 105.98mg (10.6%), Vitamin B6: 0.2mg (10.03%), Potassium: 317.68mg (9.08%), Vitamin B5: 0.81mg (8.1%), Vitamin A: 338.35IU (6.77%), Vitamin E: 0.59mg (3.93%), Vitamin B12: 0.19µg (3.14%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.2µg (1.14%)